



Dear Parents and Carers

Hello everyone.

Yet another week has flown by here.

Yesterday was Mental Health Day and I thought I would give the newsletter a distinct mental health slant.

### **Mental Health Day**

Yesterday, we celebrated and recognised Mental Health Day and children were encouraged to wear yellow (or a splash of yellow). We had Pokémon outfits, yellow cheeks and yellow cycling shorts – so many children joined in. Our Mental Health Lead, Mrs Chubb, delivered an excellent assembly explaining exactly what the children are recognising. The chosen charity – YoungMinds – has an excellent website and it is well worth exploring. See below for a quote from the charities Chief Executive:



“We’re facing a young people’s mental health emergency. But here at YoungMinds, we’re facing it with hope and optimism. We believe in young people and their ability to change things for themselves and for each other. That’s why we aim to connect with as many young people as possible and the trusted adults around them, working with strength, determination and heart to turn the tide on the young people’s mental health crisis.”

The children raised £23 and the charity has a further link if you wish to donate to this incredible charity.

Post-COVID, our mental health has been magnified and now everyone is very aware of this. It is so important that our young people are equipped to deal with the stresses, trials and tribulations of life. Thank you to Mrs Chubb for organising this.

Here are some ways to support a child or young person with their mental health:

#### **1, Be there to listen**

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on Young Minds: How to talk to your child about mental health.

Working Together to Discover and Learn  
Aspiration – Resilience – Kindness  
[office@burroughgreen.cambs.sch.uk](mailto:office@burroughgreen.cambs.sch.uk)

## **2, Support them through difficulties**

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from the Maudsley Charity on difficult behaviour.

## **3, Stay involved in their life**

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

## **4, Encourage their interests**

Support and encourage your child to explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.

## **5, Take what they say seriously**

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. Anna Freud Centre's guide on ways to support children and young people has more on this.

## **6, Build positive routines**

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The Sleep Charity has relaxation sleep tips.

I hope the above is useful – you will also find advice on our website.

### **Harvest Festival.**

Thank you to those that came to support our students and listen to our Harvest celebrations. This year we chose to celebrate the 'Harvest of the Sea'. Our Prayer Team ran the event beautifully and I know how hard some of you practiced for this event. You were all amazing. Malala Class told us all about fisherman and the amazing work they do. Einstein Class told us all about Fishing Through the Ages. Teresa Class told us about the damage humans do to our seas and oceans. The Prayer Team finished with 2 poems about foodbanks and the need for them – this directly supports the charity we support at Harvest Time.



### **Drop-Off**

We have become increasingly aware of parents entering the school at drop off to 'see your child to their classroom' – please try to get your child to walk to their classroom independently. This safeguards not only our children, but also yourselves. If this is troublesome – please talk to your class teacher and they can work with you to find a solution – something I know some of you have done – Thank You!

## Grandparent's Lunch

We are looking forward to having Grandparents and/or extended family for lunch on Wednesday 16<sup>th</sup>. Please click [here](#) to book the adult lunch

## Parents Evening Booking

The booking system via Arbor, will be open until Thursday 6pm. Parents Evening is Tuesday 22<sup>nd</sup> October 14.30-18.30 and Wednesday 23<sup>rd</sup> October 15.40-17.40. Please book via your Arbor portal/app. Any problems, please speak to Alison or Sara. We are aware of some parents unable to confirm booking.

## Speaking and Listening

Here are three more (bonus week!) of my 'conversation starters'. Research tells us that it is so important that we engage in meaningful conversations with our children. It helps them to grow as both speakers and listeners.

- 1, How do you think you should live your life?
- 2, Are the best things in life free?
- 3, Is doing your best more important than being the best?

These are just fun ideas for a discussion to have with your family or friends. The intention is to provide an opportunity for fun discussions as a family. Hope they are useful! I know some of you have used these and have had great fun with them. Enjoy!

That's all from me.  
Have great weekend

David Sandford

## Next Week's Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Ham and cheese Omelette (MK)(E)	Sweet and Sour Chicken with Rice (G)(SO)	Crispy Chicken Thigh (MK)(G)	Hot dogs made with premium sausages in a hot dog roll (G)(SD)	Fish fingers (G)(F)
Meat Free	Pizza – Margarita (G)(MK)	Pasta in a Tomato Sauce (G)	Gnocchi with Pomodoro Sauce (G)	Quorn Nuggets (G)	Vegetable Stir Fry with Egg Noodles (SO)(E)
Side dish	Beans, Peas	Carrots, Broccoli	Homemade Potato Wedges, Broccoli, Sweetcorn	Homemade Potato Wedges, Beans, Peas	Chips (G), Peas, Sweetcorn
Jacket Potato	Jacket Potato with Choice of toppings, beans, beans & cheese (MK), cheese (MK)	Jacket Potato with Choice of toppings, tuna mayo (F)(E), cheese (MK)	Jacket Potato with Choice of toppings, beans, beans & cheese (MK), cheese (MK)	Jacket Potato with Choice of toppings, tuna mayo (F)(E), beans	Jacket Potato with Choice of toppings, beans, beans & cheese (MK), cheese (MK)
Cold Option	Egg Mayo Bread Roll (G)(E)	Ham Salad Bread Roll (G)(MK)	BLT Bread Roll (G)(MK)	Cheese Bread Roll (G)(MK)	Tuna Mayo Baguette (G)(F)(E)
Dessert	Rice Krispie Cakes (SO)(MK), Fruit or Yogurt (MK)	Flapjack (G), Fruit or Yogurt (MK)	Lemon drizzle cake (MK)(G)(E), Fruit or Yogurt (MK)	Fruit Muffin (MK)(G)(E), Fruit or Yogurt (MK)	Chocolate chip cookies (G)(SO)(E)(MK), Fruit or Yogurt (MK)
All Jacket Potatoes and Bread Rolls have a side salad. A slice of baguette is available to accompany the main meal.					

Allergen Key: Celery (C), Cereals (G), Crustaceans (CR), Egg (E), Fish (F), Lupin (L), Milk (MK), Molluscs (MS), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya (SO), Sulphur Dioxide/Sulphites (SD)



### Celebrating Achievement at Burrough Green

Every Monday, in our assembly, we recognise and celebrate children who have shown evidence of our school value Aspiration, Resilience and Kindness.

This week's ARK children are:

Malala Class	Tommy – Ozzy - Poppy
Einstein Class	Pippa – George - Vinnie
Teresa Class	Timmy – Poppy - Sidney



Click [here](#) to book your child into wrap-around care – Larks and Owls

Next week's Owls activities are:

Mon	Tue	Wed	Thu	Fri
Cooking - Omelette with fillings	Free play	Movie night - Mr Bean Snack-Popcorn	Prestige Netball/Basketball	Forest experience

Please make sure you check our [school calendar](#) to stay up-to-date with information about future events, term dates, training days etc

To see what's been happening at BGPA, please visit our [website](#) and our Twitter feed.

**Don't forget to use the "Easy Fundraising" and "My School Fund" when you are doing your shopping!**



**Easyfundraising.org** –There are lots of retailers and service providers on the list, businesses you normally shop with anyway. Even if you log into your favourite retailer through the app half way through, it saves your basket, so you don't have to do anything different. Try it, it really does make a difference <https://www.easyfundraising.org.uk>



### My School Fund

In association with Argos and Sainsbury's, we have a new way to fundraise for the school when you are shopping. Every time you make a purchase, both you and BG benefit with cashback. A flyer is attached to this email. Click on the link to register as an individual and link your account to the school. <https://www.myschoolfund.org/#/>

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